



Movement as Medicine!

Move well; live well.

South County Senior Fitness Schedule**: All Seniors WELCOME

Monday:		
9:15AM	Cross Training with Misha (\$3.50)	Claire Teague Center, GB
10:00AM	Awareness Through Movement with Misha (floor) (\$3.50)	Claire Teague Center, GB
11:00AM	Aquatic Fitness (\$3)	Simon’s Rock. EG COA
1:00PM	Balance & Movement, Misha (Chair, \$3)	Claire Teague Center, GB
2:00PM	Intermediate Tap Dancing, Carolyn (\$5)	Claire Teague Center, GB
3:30PM	Therapeutic Breath & Movement Class with Suzanne Mazzarelli (\$3, begins Sept 19)	Sheffield Senior Center
Tuesday:		
9:00AM	Exercise Class with Sandy French (\$3)	Sheffield Senior Center
10:00AM	Pilates with Kathy Casey (\$3.50)	Claire Teague Center, GB
10:15 AM	Sit to be Fit Chair Exercise Class (\$3)	Sheffield Senior Center
3:30PM	Strength Training with Christine (\$3)	Claire Teague Center, GB
Wednesday:		
9:30AM	Easy Does It Yoga with Joanne (\$3)	Claire Teague Center, GB
11:00AM	Aquatic Fitness (\$3)	Simon’s Rock, EG COA
3:30PM	Chair Yoga with Senta Reis (\$3)	Sheffield Senior Center
Thursday:		
9:00AM	Exercise Class with Sandy French (\$3)	Sheffield Senior Center
10:00AM	Therapeutic Movement/Breathing Class with Suzanne (\$3)	Claire Teague Center, GB
4:00PM	Misha’s Advanced Movement Class (\$10)	Claire Teague Center, GB
Friday:		
9:00AM	Tai Chi with Christine (\$3)	Claire Teague Center, GB
9:30AM	Balancise with Claire Naylor Pollart (\$3, Begins Sept. 16)	So. Egremont C. Church
10:00AM	Chair Exercise with Harriet (FREE)	Claire Teague Center, GB
11:00AM	Aquatic Exercise (\$3)	Simon’s Rock, EG COA
2:00PM	Intermediate Tap (\$5)	Claire Teague Center, GB

Small Group Personal Training a 6-week session starting Friday October 7th and ending November 8th at the Sheffield Senior Center. There are two time slots – 9AM and 10AM; limited to 8 per class. If you are on the waiting list, you will be offered a slot automatically for the next session. The fee is \$30 for the six weeks, payable at the beginning.

“Matter of Balance” a free 8 week series through Berkshire Health Systems. The dates are Tuesdays, November 1, 8, 25, 22 and 29; and December 6, 13 and 20. Class time is from 1 to 3 PM. Held at Sheffield Senior Center.

Course on the iPad has been postponed at this time.

Egremont Seniors:

MARK YOUR CALENDARS

The Egremont COA is offering the following exciting calendar of events at The Egremont Village Inn unless otherwise:

October 5 4:00-5:30PM
COA Annual Tea

November 3 12 noon
Lunch with Roger the Jester

December 4 2:00-4:00PM
Holiday Party with John Hockenberry, author and TV/radio, journalist

December 14 12noon
Luncheon and Holiday Sing

January 4 12noon
Luncheon with Eunice Agar – Art Demonstration

February 1 12noon
Luncheon with Nancy Wright – Quilting

March 1 12noon
Luncheon and Talk on scam awareness

April 5 12noon
Luncheon with Doane Perry – Photography

April ? 3:00-5:00PM
Music in the Afternoon

May 3 12noon
Luncheon and Cooking demonstration

June 7 12noon
Annual picnic at French Park

**The Great Barrington Claire Teague Senior Center, the Sheffield Senior Center and the Egremont Council on Aging offer Senior fitness classes Monday thru Friday throughout most of the year. All programs are open to all senior community members regardless of residency. Some classes may charge a nominal fee. Changes may occur to the listed schedule so...

Call for more information.

Egremont Council on Aging
Egremont Town Hall
Rt 71, North Egremont, MA
413.528.0182 x 17